

# DSPL1 Parents and Carers Newsletter – March 2026

## Welcome

This month's update brings together key resources, training opportunities, wellbeing support, and upcoming events for parents and carers.

## National SEND Reforms & Consultations

A series of documents summarising the Schools White Paper and SEND Consultation are available for parents and professionals:

[Every child achieving and thriving and SEND consultation supporting information - GOV.UK](#)

## Have Your Say

The consultation document explains the changes that are planned to be made and asks for comments from everyone with an interest. The changes aim to improve help and support for children and young people with SEND across the 0 to 25 years system.

The national consultation *SEND Reform: Putting Children and Young People First* is now open for responses:

[SEND reform: putting children and young people first - Department for Education - Citizen Space](#)

## Support for Families

### Families in Focus CIC – Free Online Courses

**A Complete Guide to Parenting Children with Autism & ADHD** – for Hertfordshire parents/carers of children aged 2–11

**Handling Anger in Your Family** – for Hertfordshire parents/carers of primary aged (no SEND needs)

**Understanding & Managing Anger in Primary Children with Autism & ADHD** – for parents/carers of Hertfordshire

Booking enquiries to [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

Please find posters attached to give a more detailed breakdown of what each course will cover and course dates.

## **ADD-vance Workshops**

ADD-vance is a dedicated group of professionals, who also happen to be parents of autistic and/or ADHD children. Their mission is to support the families of neurodivergent children and the professionals involved in their care.

ADD-vance offers online workshops for parents and professionals, including:

- Understanding Anxiety
- Applying for an EHCP
- Supporting the transition to secondary school

Please follow the link to view available upcoming workshops:

[ADD-vance Events - 15 Upcoming Activities and Tickets | Eventbrite](#)

## **SEND Local Offer**

A central hub for SEND services, support, events, things to do and guidance in Hertfordshire which can be filtered by location, date and age range:

[SEND Local Offer | Hertfordshire County Council](#)

## **SEND Drop-in for Parents & Carers**

There is a SEND coffee morning being held on **17th March (Moss Bury School)** and **16<sup>th</sup> June (Pear Tree School)** both 10am – 12pm - this in a drop-in session with no booking required:

[SEND Drop-in coffee morning, Stevenage | Hertfordshire County Council](#)

There will be various support services in attendance such as ADDvance, Family Centre, Messy Minds and Step2Skills.

## Angels Autism & ADHD Support

Angels Autism & ADHD Support holds weekly online workshops (Tuesdays, 10am–12pm, term time only).

### Themes for March:

- 10/03/26 – SEN Support: OAP & EHCPs
- 17/03/26 – Reducing Meltdowns
- 24/03/26 – Supporting Sensory Needs

Find the term timetable here (to 28<sup>th</sup> March): [Angels 2025 Programme Jan - April 2026](#)

## Supporting Links

The Supporting Links Spring and Summer courses posters are attached for reference.

Click the following link to find out the full offering and book your place:

[New What's On](#)

## Lifelong Links

Lifelong Links is an innovative approach, developed by Family Rights Group. It connects children in care, or care leavers, with people who care about them. The aim of Lifelong Links is to ensure that a child in care, or a care leaver, has a positive, loving support network that they can rely on.

A poster for Lifelong Links is attached along with a document containing YouTube links for various videos including an overview and stories from children supported by Lifelong Links.

## Upcoming Events

### Nessie - Supporting Anxious Children: A Night of Insight & Connection

**26th March 2026 7pm – 9pm**


**Royston Town Hall**

The session will cover the following:

Two powerful, easy-to-understand talks:

 Understanding Neurodiversity & Anxiety 

Learn why anxiety presents differently in neurodiverse children, and what you can do to help.

 Supporting Children Who Struggle with School and Everyday Challenges 

Insight into what's really going on beneath the behaviour, plus strategies for building resilience and connection.

 Meet Nessie Psychotherapists 

Chat informally with trained psychotherapists and wellbeing staff for free mini-consultations on the night.

 Become a Friend of Nessie 

Discover how you can help shape our services, support local families, and play a small (or big!) part in improving mental health support in our community.

Tickets available via TryBooking:

[Supporting Anxious Children: A Night of Insight & Connection Tickets, Royston Town Hall, Royston | TryBooking United Kingdom](#)

## Discover Reiki

There is a free talk introducing the practice of Reiki at **The Sadie Centre, Sunday 29<sup>th</sup> March at 10:30am – 11:30am**. Please find the event poster attached.